

INVENTORY FOR LIVING

- 1. INTENTIONAL REASONING INVENTORY
- 2. RISK FACTORS & PROTECTIVE FACTORS

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PLACE A CHECK MARK IN FRONT OF EACH STATEMENT THAT YOU BELIEVE HOLD SOME TRUTH ABOUT YOU AND YOUR LIFE

Fears

- I am fearful of death and _____
- I am afraid that the method I would use could fail and _____
- The finality of the act of suicide leaves me wondering if _____
- I'm uncertain about the hereafter and that is _____
- _____
- _____

Responsibilities

- I have a responsibility and commitment to _____
- There are people who depend upon me and need _____
- I would not want my family or friends to feel _____
- I have a responsibility to _____
- _____
- _____

Family/Friend Responsibilities

- I have a close relationship with _____
- I can turn to _____ for support and advice
- I get support and encouragement from _____
- _____
- _____

Child/Children Responsibilities

- I want to see and watch my _____ grow up
- _____
- _____

Disapproval Concerns

- I have concerns about what others would think, such as _____
- I do not want people to think I was _____
- _____
- _____

Moral Objections

CAVEAT: Moral objections can and do exist outside of religion/spirituality; however, they are also closely related to a person's religious/spiritual beliefs.

- I want more time to experience _____
- I want to travel to _____
- I want to explore the meaning of my existence and discover _____
- I believe that everyone has a purpose, mine is _____
- My current religious and/or spiritual belief regarding suicide is _____
- My religion and/or spiritual faith gives me strength to _____
- _____
- _____

Your Personal Survival and Coping Skills (*Positive Beliefs*)

- I believe I can learn to adjust and cope with my problems
- I believe I have a desire to live
- No matter how badly I feel, I know things change
- Life is too beautiful and precious to end it
- I believe I can find other solutions to my problems
- I believe everything has a way of working out for the best
- I have an inner drive to survive
- I have the courage to face my life end
- I believe that meaning can be found in suffering
- I believe that every problem has a potential positive solution
- I am curious about what will happen in the future
- I still have many things left to do
- I hope that things will improve in the future will be better
- I would like to see my plans for the future come to be
- _____
- _____